

Tu' Kwa Hone

Newsletter

Burns, Oregon

Community news:

Jan.12 2017—Mental Health @ DVA sponsoring Bingo at 5:30 p.m. Pizza will be provided.

Jan.16, 2017—Tribal offices will be closed due to Martin Luther King day.

Parent committee meeting on January 18, 2017 @ 5:15 p.m. @ Tribal Court



Kris

Burns Paiute Tribe

100 Pasigo St.

Burns, Or 97720

541.573.8016

TRIBAL COUNCIL CONTACT:

Chairman - Joe De La Rosa

541.589.0405

Burns Police Tribal Police

Chief Carmen Smith

541.413.1419

Officer Frank Rivera

541.413.0382

Social Services Director / ICWA

Michelle Bradach

541.573.8043 / 541.589.0171

Domestic Violence / Assault

Teresa Cowing

541.573.8053 / 541.413.0216

Police After hours:

Call Burns Dispatch

541.573.6028



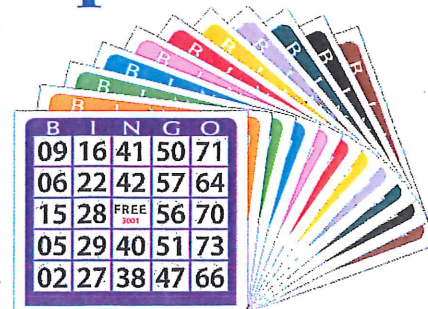
Mental Health and Domestic Violence Bingo

When: January 12, 2017

Where: Gathering Center

Time: 5:30 to 7:30PM

Pizza will be provided



NORTHWEST PORTLAND AREA INDIAN HEALTH BOARD

JOB POSTING – CLOSING DATE: 1/20/17

Additional Functions:

- Perform other duties and assignments as directed.
- Prepare a daily or weekly report of tasks undertaken ,completed with enough detail to inform other employees when read

Standards of Conduct:

- Consistently exhibit professional behavior and a high degree of integrity and impartiality appropriate to the responsible and confidential nature of the position.
- Consistently display professional work attire during normal business hours.
- Effectively plan, organize workload, and schedule time to meet workload demands.
- Exercise judgment and initiative in performance of duties and responsibilities.
- Work in a cooperative manner with all levels of management and with all NPAIHB staff.
- Treat NPAIHB delegates/alternates and Tribal people with dignity and respect and show consideration by communicating effectively.
- Abide by NPAIHB policies, procedures, and organizational structure.

Qualifications:

- HS Diploma or equivalent
- Experience in a Receptionist or Office Support position preferred.
- Demonstrates the ability to work effectively with American Indian people in a culturally diverse environment.
- Knowledge of MS Outlook and Word
- Ability to carry out responsibilities with a minimal amount of supervision.
- Ability to use office equipment.
- Available to work on-call as needed.

Typical Physical Activity:

Physical Demands: Frequently involves sedentary work: exerting up to 10 pounds of force and/or a negligible amount of force to lift, carry, push, pull or otherwise move objects, including the human body.

Physical Requirements: Constantly requires the ability to receive detailed information through oral communications, and to make fine discrimination in sound. Constantly requires repetitive movement of the wrists, hands and/or fingers. Often requires walking or moving about to accomplish tasks. Occasionally requires standing and/or sitting for sustained periods of time. Occasionally requires ascending or descending stairs or ramps using feet and legs and/or hand and arms. Occasionally requires stooping which entails the use of the lower extremities and back muscles. Infrequently requires crouching.

Typical Environmental Conditions: The worker is frequently subject to inside environmental conditions which provide protection from weather conditions, but not necessarily from temperature changes, and is occasionally subject to outside environmental conditions.

NORTHWEST PORTLAND AREA INDIAN HEALTH BOARD
JOB POSTING – CLOSING DATE: 1/20/17

Travel Requirements: No travel is required.

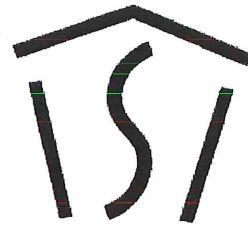
Disclaimer: The individual must perform the essential duties and responsibilities with or without reasonable accommodation efficiently and accurately without causing a significant safety threat to self or others. The above statements are intended to describe the general nature and level of work being performed by employees assigned to this classification. They are not intended to be construed as an exhaustive list of all responsibilities, duties and or skills required of all personnel so classified.

Except as provided by Title 25, U.S.C. § 450e(b), which allows for Indian preference in hiring, the NPAIHB does not discriminate on the basis of race, color, creed, age, sex, national origin, disability, marital status, sexual orientation, politics, membership or non-membership in an employee organization.

Applications can be found online at www.npaihb.org

SEND RESUME AND APPLICATION TO:

Andra Wagner
Human Resources Coordinator
2121 SW Broadway, Suite 300
Portland, Oregon 97201
FAX: (503) 228-8182
Email: awagner@npaihb.org



SILVIES VALLEY RANCH
EST. 1981

Saddle Up with Silvies Valley Ranch!

The historic Silvies Valley Ranch is on the hunt for an experienced livestock hand to join our team!

Silvies Valley Ranch is located in eastern Oregon between Burns and John Day. The ranch is covered in pine forests, wild mountain meadows, and an abundance of wild critters!

This is an exciting opportunity for someone who loves livestock, enjoys working with a great team of professionals and wants a long term career with opportunities to learn and grow!

In addition to a very complete salary we offer a good benefit package which includes on-ranch housing, a ranch vehicle, organic grass-fed beef, free golf, and a 401k.

Horsemanship and roping skills are a necessity! So are skills in fence repair (we have wild elk). Must be a team player.

Applicants must submit a resume, cover letter highlighting your background and skills, and list of three employer references with contact information via email or regular mail before the close of business on Friday, January 27, 2017 (contact information below).

We are looking forward to hearing from you soon!

Colby Marshall
Vice President
Silvies Valley Ranch
40000 E Cowboy Lane
Seneca, OR 97873
541-573-5150 x 110
colby.marshall@silvies.us
www.silviesvalleyranch.com

Caring for our environment, livestock, friends and families

ATTENTION REGISTERED VOTERS

The Burns Paiute Election board is requesting that all Burns Paiute Tribe registered voters please update your address. We want to make sure that everyone is receiving proper mail regarding Burns Paiute Tribal Elections. To those who want to register to vote may request forms with any of the board members below. You can submit changes to Beverly Beers at (541)573-2008, Carla Teeman (541)589-2416, Rachel Snapp (541)573-8050.

Thank you,

Burns Paiute Election Board

After School Program @ Tu-Wa-Kii-Nobi 5-18yrs

January

**We are starting new and fun ways to get active SCORD Challenge Program – Hopscotch foundation. Launching out Jan. 17th
3rd-High School**

Our Program is in need of Tutors for our Older youth-Please contact Kerry.

**Offices will be closed
January 16th
Martin Luther King JR. Birthday**

Tu-Wa-Kii-Nobi Staff

Main # 541-573-1573

After School Program-

Elise Adams—Youth Services

Coordinator 541-573-1572-

Anita Hawley Youth Service

Coordinator Asst. 541-589-2341

Rhonda Holtby-Parent/Educ.

Coordinator 541-413-0448

Scott Smyth-TAPP Coordi-

nator Office # 541-573-8032

After School Tutor

Fred Pelroy-

Monday January 9th

4:00-4:30-Tutor-Reading for required 20 min.

5:15-Free Time

Tuesday January 10th

4:00-4:30-Tutor-Reading for required 20 min.

5:15-Free Time

Wednesday January 11th

4:00-4:30-Tutor Reading for required 20 min.

5:15-Free Time

Thursday January 12th

4:00-4:30-Tutor Reading for required 20 min.

5:15-Free Time

Friday January 13th

10:00-10:30-Free Time

10:30-11:00-Ms. Lisa Reading/Craft

11:00-12:00-Activity w/Steve

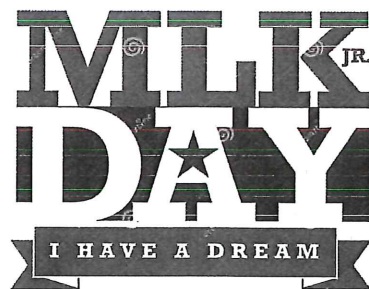
1:00-1:30-Martin Luther King Craft/Activity

1:30-2:30-Respect lesson w/DV- Teresa

2:30-3:30-Sign up for SCORD Program. Come and learn what its about and get fit having fun. This program is threw the Hopscotch foundation. Focus is to prevent Obesity and Diabetes. It's a Contest! A New fun way to track Activity with a watch device (SCORD) Launching on Jan. 17, 2017-May 31, 2017 challenge with the other Reservations across the nation. We will keep you posted on more information. Grades 3-High School. We have a Webinar on the 11th look out for a flyer. Parents please come and get your kids signed up.

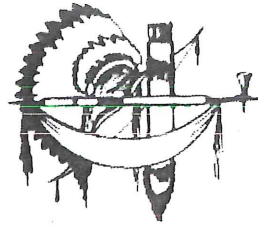
We are asking that parents read and return to Tu-Wa-Kii Nobi Transportation Procedure- and go over with your child. We have been going over the Rules with the kids. They should be aware of the procedure. And update the intake paper for new phone Numbers as well as people that can pick kids up. Thank you to for those that have updated information. We appreciate it.

Any questions please call Elise, Anita at main # 541-573-1573



HOUSING AUTHORITY MEETING

January 11, 2017
@ 11:00 AM
Housing Office



January 9, 2017

Contact Info

Office No.

541.573.2327

Office Fax No.

541.573.2328

Jody Hill,

Executive Director

Cellular

541.589.2022

Brenda Sam,

Housing Assistant

Cellular

541.589.2647

HOUSING AUTHORITY MEMBERS

Chairperson,

JoEllen SkunkCap

Vice-Chair,

Elisha Caponetto

Secretary-Treasure,

Phyllis Miller

Members at Large

Every time you wake up ask
yourself What good things
am I going to do today?
Remember that when the
sun goes down at sunset it
will take a part of your life
with it. -Native American proverb

Colder Temperatures

With the weather changing to colder temperatures here are a few tips to help prevent freezing pipes this winter.

INTERIOR OF HOME

- ♦ Open kitchen and bathroom cabinet doors to allow warmer air to circulate around the plumbing. Be sure to move any harmful cleaners and household chemicals up out of the reach of children.
- ♦ When the weather is very cold outside let water drip from the faucet. Running water through the pipe (even at a trickle) helps prevent pipes from freezing.
- ♦ Keep the thermostat set to the same temperature both during the day and at night.

EXTERIOR OF HOME

- ♦ Remove, drain, and store hoses used outdoors.

The Housing Office will be closed on the following days in January due to observation of holidays:

* Monday, January 16, 2017

****SAFETY ISSUE****

The Housing Authority will be giving each household on the reservation (one) 1 bag of ice melt to start this winter season. We are trying to assist in preventing slips and falls from ice.

If you would like a bag of ice melt the head of household or someone over the age of eighteen (18) from the household must come to the housing office and sign the sign out sheet that the ice melt was received for that house.

If an elder is unable to make it to the Housing Office to pick up the ice melt, please call the office and we will deliver it to you.
541.573.2327

Applicants on Waiting List

Letters will be sent out within the next 2 weeks to those individuals on the Waiting List regarding your continued interest to remain on the list.

Letters will be sent to the address on the application.

You will also need to provide proof of income when returning the document for everybody in the household eighteen years of age and older.

The Burns Paiute Tribe was one of the 14 federally funded-recipients of the Strategic Prevention framework grant, within the state of Oregon, five federally recognized Tribes and nine counties.

The Oregon Strategic Prevention Framework-Partnership for Success (SPF-PFS), will be used to transform and enhance statewide prevention services to increase awareness and reduce consequences of underage drinking, adult Binge drinking and prescription drug misuse and abuse.

The Strategic Prevention Framework coordinator Deangela T. Dobson, and her workgroup have chosen Adult Native American's, 18 and up, who identify as Binge drinkers in Harney County to be their Priority area for the five-year grant.

During year number one, of the SPF-PFS initiative, the selected Grantees have engaged individuals and organizations in selected communities. The efforts include thoughtful implementation the Strategic Prevention Framework which includes: Community Assessment, planning and capacity building. During year number two, the focus will shift to Implementation, evaluation and continued capacity building.

Members of the the Burns Paiute Tribe's Strategic Prevention Framework-Partnership for Success workgroup completed a sticker shock campaign at the Shell station, Cheverton station, and Safeway in Burns/Hines area on December 29th, 2016. The "sticker shock" is placing focus on Binge drinking, hoping those in the community who choose to drink, do so responsibly and simply know their own limits, and be aware of how much Alcohol they are consuming in one setting. The stickers are red in the form of a stop sign, they clearly state a message, the sticker's say, **"DO YOU KNOW WHEN TO STOP? Binge drinking is defined as: the consumption within 2 hours of 4 or more drinks for women, and 5 or more drinks for men. How much is too much? Know your limits"**.

The dangers and consequences of binge drinking are very real and present in our community. In hopes of having a new beginning, to a happy and safe New year's I would ask everyone to be aware of how much alcohol you are consuming and simply "know your limit's", be responsible in order to keep yourself safe and those around you. Respectfully, Deangela T. Dobson

Deangela Dobson





TuWakii Nobi and the Burns Paiute Tribe Prevention
Program have teamed up to support the
PACIFIC NORTHWEST TRIBAL FITNESS INITIATIVE!

Who can participate? *Youth grades 3rd to High School! Parents please read and encourage you child/ren to sign up.*

Where and when can I sign up? *On January 13, 2017 from 2:30 to 3:30 pm at TuWakii Nobi!*

Hopscotch Health is pleased to announce their Pacific Northwest Tribal Health Initiative, slated to begin in January of 2017. In a partnership with Seattle-based Sqord, Hopscotch will provide participants with their very own Sqord Pod activity scorer. With the Sqord Pod, participants in the various tribes will be able to track their daily activity levels via Activity Points, as calculated by the Sqord Pod.

THE FITNESS INITIATIVE

- Our mission at Hopscotch is to help increase activity and also improve nutrition for America's youth.
- Hopscotch founder Dave Gunderson has spent many years among the various tribe of the Pacific Northwest Assisting with their respective wellness programs. A type -1 diabetic for over 50 years, Dave understands the struggles of being a diabetic youth.

ACHIEVING THE FITNESS INITIATIVE

- The participating tribes will have activity competition with the goal of being active while also having fun.
- Activity will be monitored with Sqord Pod activity tracker, which will be given to every participant.
- Competition will start on January 17, 2017 and run through the end of May.
- Competing Tribe will send in their collective scores every month to Hopscotch, who will display those scores on their website.

SQORD POD ACTIVITY TRACKER

- When you wear a Pod activity tracker, Sqord awards you with activity points for the intensity and duration of your physical activity.
- Points are then synced to a user's account.
- Sqord can be worn on your wrist or on your ankle, and it is waterproof!
- The battery lasts up to 9 months and can be easily changed.
- Hopscotch is not associated with any medical institution or clinical study.
- Hopscotch will not be able to see any individual participant information.

PARTICIPANTS

- Oregon: Burns Paiute Tribe, Coquille, NAYA & Umatilla
- Washington: Spokane & Port Gamble S'Klallam Tribe
- Idaho: Nez Perce (Lapwai)
- Montana: DeLaSalle Blackfeet School, Fort Peck Assiniboine & Sioux Tribes
- South Dakota: Sioux (Crow Crekk)

The Tribal Fitness Initiative is meant to be fun and we at Hopscotch will go to no short length to ensure that all participants enjoy our program, while also increasing their activity and improving their nutrition.



Sponsored by Burns Paiute Tribe Prevention Program and TuWaKii Nobi



Oregon Influenza Update – December 2, 2016

Data from [Flu Bites](#) indicate that influenza activity is on the rise in Oregon: this week 1.5% of emergency department visits in the state were for influenza-like illnesses (ILI), and 10.8% of flu tests performed were positive. Influenza affects all ages, so it is important that everyone strives to prevent the spread of illness!

Common signs and symptoms of flu:

- Fever or feeling feverish/chills
- Cough
- Sore throat
- Muscle or body aches
- Headaches
- Fatigue (very tired)
- Some people may have vomiting and diarrhea, but this is more common in kids than adults

To limit illness and death from influenza, the Oregon Health Authority encourages folks to:

1. **Get vaccinated.** The single best way to prevent seasonal flu is to get vaccinated each year. So far this year the flu vaccine is a good match to the circulating flu strains. It is not too late to get vaccinated!
2. **Stay home when you are sick.** If possible, stay home from work, school, and errands when you are sick. This will help prevent spreading your illness to others. Avoid close contact with people who are sick.
3. **Cover your mouth and nose.** Cover your mouth and nose with a tissue when coughing or sneezing. It may prevent those around you from getting sick. Cover your cough posters available [here](#).
4. **Clean your hands.** Washing your hands often will help protect you from germs. If soap and water are not available, use an alcohol-based hand rub.
5. **If necessary, seek medical care.** In most cases people with flu have mild illness and do not need medical care or treatment. Groups at higher risk of complications due to flu include young children, pregnant women, the elderly, and those with conditions like asthma, diabetes, cancer, or heart disease.
6. **Practice other good health habits.** Clean and disinfect frequently touched surfaces at home, work or school, especially when someone is ill. Get plenty of sleep, be physically active, manage your stress, drink plenty of fluids, and eat nutritious food.
7. **Report outbreaks of ILI to the local health department.** Long-term care facilities, hospitals, schools, and other institutions are encouraged to report outbreaks of ILI (defined as fever plus cough or sore throat) to the local health department. Local health departments can assist to implement infection control measures rapidly, to limit the spread of infection.

Remember: During influenza season, you or your family may be asked to respect influenza control measures when seeking health care or visiting a long-term care facility. Examples include visitation restrictions (including restrictions for children), wearing a mask, handwashing or using hand sanitizer.

Additional Resources:

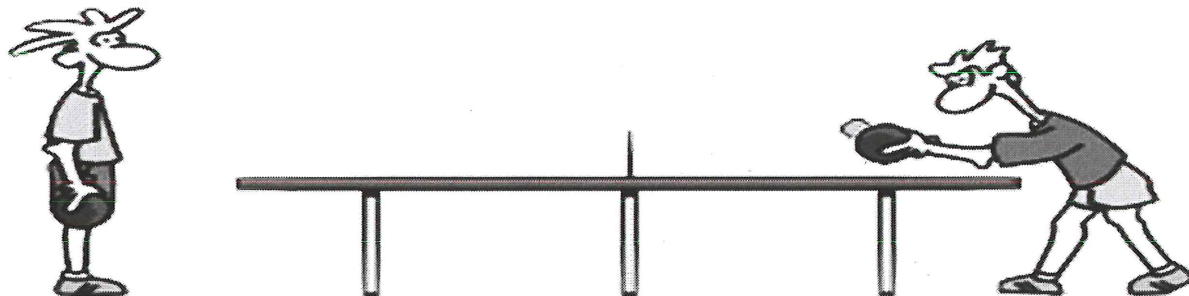
CDC flu website: www.cdc.gov/flu/protect

Oregon flu website: www.flu.oregon.gov

To report outbreaks or for more questions, please contact your [local health department](#) or the state: 971-673-1111
ILI outbreak guidance for long-term care facilities in Oregon (see Step 5):

<http://public.health.oregon.gov/DiseasesConditions/CommunicableDisease/Outbreaks/Pages/respdisease.aspx>

This message was sent to ORCD1. Please forward to anyone else who may be interested.



Healthy Choices – Healthy Minds 14 and Up – Ping Pong Tournament - Thursday February 9 @ 5:30 in the Gathering Center

There will be 2 tournaments. One will be 1-on-1 and the second will be a 2-on-2 tournament. You are welcome to sign up for either tournament or both

Participant Information

Player Name: _____

Phone Number: _____

Age: _____

One-on-One Sign Up: _____

Two-on-Two Sign Up: _____

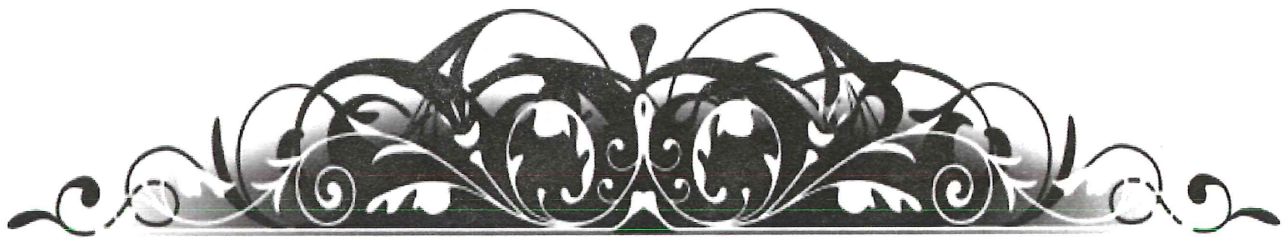
Important Notes

- Drug and alcohol free event
- Food will be provided
- Must sign up in order to participate

Sponsored by Burns Paiute Tribe Health Center and Burns Paiute Tribe Mental Health

Registration forms must be submitted to Jeremy Thomas by 12:00 pm on 2/06/2017

For questions contact Jeremy Thomas – 541-573-8046



Domestic Violence

How Survivors Cope

Women and children who survive domestic violence have talked about the various ways they developed to cope until they could find safety. The coping strategies they worked out enabled them to survive. Some of the coping strategies are:

Denial

The survivor tells herself, in effect, that the abuse is not really happening or may deny the impact the abuse has had on her. A survivor in denial will say, "This bruise? Oh, it's nothing" or "He doesn't really hurt me." Denial helps the survivor avoid feelings of terror and humiliation.

Minimization

This is a form of denial. The survivor minimizes when she says, "This isn't really abuse. Abuse is more serious" or "Well, he only hit me once with his fist."

Nightmares

These help the survivor experience some strong feelings such as fear, anger, panic, and shame which she cannot safely share with anyone at the time.

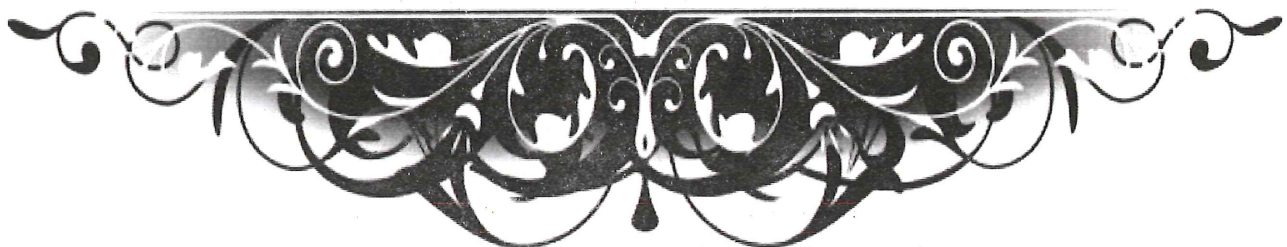
Shock and Dissociation

These two reactions can numb the survivor's mind and body while the assault takes place and for a time afterward. The reactions help her avoid dealing with immediate feelings until she has found safety.

Where to Turn for Support

Even after the survivor finds safety and supportive people, she may continue to use these coping strategies until she realizes they are no longer necessary or helpful. At that point, the survivor may be interested in receiving counseling or other supportive services.

Domestic Violence & Sexual Assault 541-413-0216



Personal steps can also be taken to avoid binge drinking:

1. ***Be aware of the health consequences of binge drinking.*** Being aware of the problems associated with binge drinking is an important part of making a clear decision to overcome binge drinking.
2. ***Avoid situations and possible triggers for binge drinking.*** Try to stay away from parties where drinking alcohol is the main focus of the event. Avoid participating in drinking competitions or games.
3. ***Understand what a standard drink is.*** Be aware that most often the size served is larger than a recommended serving size.
4. ***Consume slowly.*** Only take a few sips of your beverage at a time. Do not drink multiple drinks in an hour. Your body absorbs alcohol more than 90 minutes after your last sip, and you may not realize how your body is affected right away.
5. ***Choose to drink soda or other non-alcoholic beverages.***
6. ***Go out with friends who have similar consumption limits in mind.*** Friends bring a lot of peer pressure to the situation. Choose friends who respect your limits and choose to not binge drink.
7. ***Stay away from alcopops.*** Alcopops contain a lot of sugar so they taste and drink like traditional soda beverages. It is all too easy to drink large amounts of these in a short amount of time.
8. ***Remember that alcohol, while socially condoned as a recreational drug, is not a competition, nor is it a way to look cool.***



what's your poison ?

Reflections from Education Innovation Officer Colt Gill

Below is an excerpt from Education Innovation Officer Colt Gill's recent column around strategies that are showing results in improving graduation rates:

In the short time since I have been appointed to the role of Oregon's Education Innovation Officer I have focused primarily on two things: Working with an interagency team to gather existing data, research, promising practices, and current programs related to graduation outcomes; And, traveling across Oregon to better understand the unique challenges, assets, and opportunities in regions across our state. There are some graduation-specific strategies that are emerging as consistent themes in research around what works, and have been reinforced by communities thus far as I have traveled the state:

Investing in Equitable Outcomes: Resourcing to specifically support and create opportunities for populations of students who our systems have historically underserved and disproportionately make up the nearly 12,000 students who do not graduate high school on-time each year.

Early Indicator Systems: These systems are used effectively in more than 30 states and use data to create a collaborative approach among educators, students, families, and communities to maintain students on a pathway to graduation.

Counseling, Wrap Around Services, and Career & College Planning Support: To ensure our students are meaningfully supported in graduating high school and moving on with a plan for their future, they need effective guides and support systems such as culturally sustaining and trauma-informed practices along the way.

Career Technical Education: Students in Oregon who participate in just one CTE course have graduation rates closing in on 90%, and importantly this trend holds true for our communities of color, tribal students, and students in poverty as well.

Chronic Absenteeism: A focus on engaging curriculum, culturally responsive and sustaining practices, and partnerships between schools and community organizations that can help provide holistic supports to students and families is critical.

I look forward to continuing these efforts, and to working with partners across Oregon to ensure that each student is supported and empowered in graduating high school and finding a meaningful path to future opportunities.

ODE Addresses Chronic Absenteeism in Schools

Over the course of the past year, the Oregon Department of Education (ODE), in partnership with the Chief Education Office, has been leading an effort aimed at lowering the state's chronic absenteeism rate, as provided in 2016 House Bill 4002. The bill called for the creation of a plan to address the issue and come up with a cost of implementation. The plan must disclose information on chronic absence

rates for each school every year; propose best practices for all schools and school districts to use to track, monitor and address chronic absences and improve attendance; identify schools in need of support to reduce chronic absences and improve attendance; and describe technical assistance available to schools identified as being in need of support. The plan is being developed by a work group that includes ODE, the Chief Education Office, Oregon Health Authority, Department of Human Services, the Confederation of Oregon School Administrators, Oregon Education Association, Stand for Children, the Children's Institute and school districts from around the state.

"Students who miss more than 10 percent of their classes in a year are at much higher risk of dropping out and not graduating," said ODE Director of Data, Operations & Grant Management Johnna Timmes. "We need a comprehensive approach that addresses the issues causing students to miss class in the first place in order to truly bring the numbers down."

The absenteeism numbers released last month showed a slight increase in the percentage of students classified as chronically absent. There were a number of causes for the absenteeism increase such as a norovirus outbreak and a change in the way ODE collects attendance data for kindergarten given the first year of all-day kindergarten, but far too many students are missing an unacceptable amount of class time.

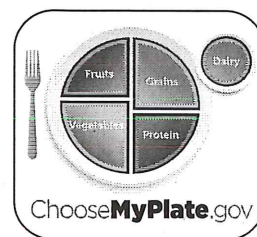
"It will take a number of approaches to start fixing the problem. Some of those may be as simple as greeting every student each morning as they arrive for school or emphasizing proper hygiene," said Timmes. "Other solutions require more effort, resources and collaboration with other agencies, such as increasing access to school breakfast and home health and wellness visits." The work group's final report will be presented to lawmakers in December 2016.

10 tips

Nutrition
Education Series

be food safe

10 tips to reduce the risk of foodborne illness



A critical part of healthy eating is keeping foods safe. Individuals in their own homes can reduce contaminants and keep food safe to eat by following safe food handling practices. Four basic food safety principles work together to reduce the risk of foodborne illness—**Clean, Separate, Cook, and Chill**. These four principles are the cornerstones of Fight BAC!®, a national public education campaign to promote food safety to consumers and educate them on how to handle and prepare food safely.

CLEAN

1 wash hands with soap and water

Wet hands with clean running water and apply soap. Use warm water if it is available. Rub hands together to make a lather and scrub all parts of the hand for 20 seconds. Rinse hands thoroughly and dry using a clean paper towel. If possible, use a paper towel to turn off the faucet.

2 sanitize surfaces

Surfaces should be washed with hot, soapy water. A solution of 1 tablespoon of unscented, liquid chlorine bleach per gallon of water can be used to sanitize surfaces.

3 clean sweep refrigerated foods once a week

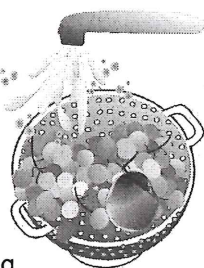
At least once a week, throw out refrigerated foods that should no longer be eaten. Cooked leftovers should be discarded after 4 days; raw poultry and ground meats, 1 to 2 days.

4 keep appliances clean

Clean the inside and the outside of appliances. Pay particular attention to buttons and handles where cross-contamination to hands can occur.

5 rinse produce

Rinse fresh vegetables and fruits under running water just before eating, cutting, or cooking. Even if you plan to peel or cut the produce before eating, it is important to thoroughly rinse it first to prevent microbes from transferring from the outside to the inside of the produce.



SEPARATE

6 separate foods when shopping

Place raw seafood, meat, and poultry in plastic bags. Store them below ready-to-eat foods in your refrigerator.

7 separate foods when preparing and serving

Always use a clean cutting board for fresh produce and a separate one for raw seafood, meat, and poultry. Never place cooked food back on the same plate or cutting board that previously held raw food.

COOK AND CHILL

8 use a food thermometer when cooking

A food thermometer should be used to ensure that food is safely cooked and that cooked food is held at safe temperatures until eaten.



9 cook food to safe internal temperatures

One effective way to prevent illness is to check the internal temperature of seafood, meat, poultry, and egg dishes. Cook all raw beef, pork, lamb, and veal steaks, chops, and roasts to a safe minimum internal temperature of 145 °F. For safety and quality, allow meat to rest for at least 3 minutes before carving or eating. Cook all raw ground beef, pork, lamb, and veal to an internal temperature of 160 °F. Cook all poultry, including ground turkey and chicken, to an internal temperature of 165 °F (www.isitdoneyet.gov).

10 keep foods at safe temperatures

Hold cold foods at 40 °F or below. Keep hot foods at 140 °F or above. Foods are no longer safe to eat when they have been in the danger zone between 40-140 °F for more than 2 hours (1 hour if the temperature was above 90 °F).

Winter Storms

Winter storms can range from a moderate snow over a few hours to a blizzard with blinding, wind-driven snow that lasts for several days. Some winter storms are large enough to affect several states, while others affect only a single community. Many winter storms are accompanied by dangerously low temperatures and sometimes by strong winds, icing, sleet and freezing rain.

Regardless of the severity of a winter storm, you should be prepared in order to remain safe during these events.

Know the Difference

Winter Storm Outlook - Winter storm conditions are possible in the next 2 to 5 days.

Winter Weather Advisory - Winter weather conditions are expected to cause significant inconveniences and may be hazardous. When caution is used, these situations should not be life threatening.

Winter Storm Watch - Winter storm conditions are possible within the next 36 to 48 hours. People in a watch area should review their winter storm plans and stay informed about weather conditions.

Winter Storm Warning – Life-threatening, severe winter conditions have begun or will begin within 24 hours. People in a warning area should take precautions immediately.

Prepare

How to Prepare for a Winter Storm

- Winterize your vehicle and keep the gas tank full. A full tank will keep the fuel line from freezing.
- Insulate your home by installing storm windows or covering windows with plastic from the inside to keep cold air out.
- Maintain heating equipment and chimneys by having them cleaned and inspected every year.
- If you will be going away during cold weather, leave the heat on in your home, set to a temperature no lower than 55° F.

Put Together a Supply Kit

- Water—at least a 3-day supply; one gallon per person per day
- Food—at least a 3-day supply of non-perishable, easy-to-prepare food
- Flashlight
- Battery-powered or hand-crank radio(NOAA weather radio if possible)
- Extra batteries
- First Aid Kit
- Medications (7-day supply) and medical items (hearing aids with extra batteries, glasses, contact lenses, syringes, etc.)
- Multi-purpose tool
- Sanitation and personal hygiene items
- Copies of personal documents (medication list and pertinent medical information, proof of address, deed/lease to home, passports, birth certificates, insurance policies)
- Cell phone with chargers
- Family and emergency contact information
- Extra cash
- Baby supplies (bottles, formula, baby food, diapers)
- Pet supplies (collar, leash, ID, food, carrier, bowl)
- Tools/supplies for securing your home

- Sand, rock salt or non-clumping kitty litter to make walkways and steps less slippery
- Warm coats, gloves or mittens, hats, boots and extra blankets and warm clothing for all household members
- Ample alternate heating methods such as fireplaces or wood- or coal-burning stoves

Respond During

Remaining Safe During a Winter Storm

- Listen to a NOAA Weather Radio or other local news channels for critical information on snow storms and blizzards from the National Weather Service (NWS).
- Bring pets/companion animals inside during winter weather. Move other animals or livestock to sheltered areas and make sure that their access to food and water is not blocked by snow drifts, ice or other obstacles.
- Running water, even at a trickle, helps prevent pipes from freezing.
- All fuel-burning equipment should be vented to the outside and kept clear.
- Keep garage doors closed if there are water supply lines in the garage.
- Open kitchen and bathroom cabinet doors to allow warmer air to circulate around the plumbing. Be sure to move any harmful cleaners and household chemicals up out of the reach of children.
- Keep the thermostat set to the same temperature both during the day and at night. By temporarily suspending the use of lower nighttime temperatures, you may incur a higher heating bill, but you can prevent a much more costly repair job if pipes freeze and burst.
- Go to a designated public shelter if your home loses power or heat during periods of extreme cold.
- Avoid driving when conditions include sleet, freezing rain or drizzle, snow or dense fog. If travel is necessary, keep a disaster supplies kit in your vehicle.
- Before tackling strenuous tasks in cold temperatures, consider your physical condition, the weather factors and the nature of the task.
- Protect yourself from frostbite and hypothermia by wearing warm, loose-fitting, lightweight clothing in several layers. Stay indoors, if possible.
- Help people who require special assistance such as elderly people living alone, people with disabilities and children.

Caution: Carbon Monoxide Kills

- Never use a generator, grill, camp stove or other gasoline, propane, natural gas or charcoal-burning devices inside a home, garage, basement, crawlspace or any partially enclosed area. Locate unit away from doors, windows and vents that could allow carbon monoxide to come indoors.
- The primary hazards to avoid when using alternate sources for electricity, heating or cooking are carbon monoxide poisoning, electric shock and fire.
- Install carbon monoxide alarms in central locations on every level of your home and outside sleeping areas to provide early warning of accumulating carbon monoxide.
- If the carbon monoxide alarm sounds, move quickly to a fresh air location outdoors or by an open window or door.
- Call for help from the fresh air location and remain there until emergency personnel arrive to assist you.

Cold-Related Emergencies

- Frostbite and hypothermia are two dangerous and potentially life-threatening emergencies. Learn how to care for these emergencies by taking a first aid class.

DINNER & A MOVIE

FAMILY FUN NIGHT

JANUARY 19TH, 2017

GATHERING CENTER @ 5:30

BLU-RAY™ + DVD + DIGITAL HD

GOULASH

FRENCH BREAD

SALAD

& DRINKS!

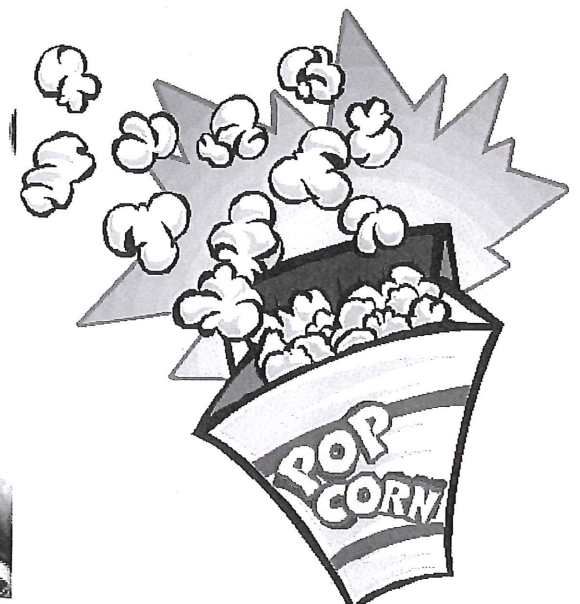
ILLUMINATION PRESENTS

THE SECRET
LIFE OF

PETS

Wonder what they
do all day?

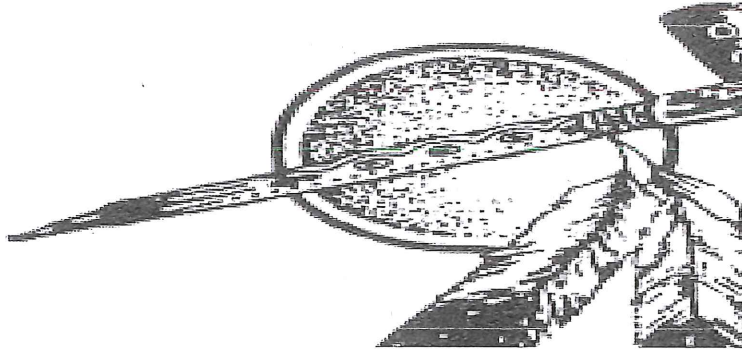
INCLUDES
3 MINI
MOVIES



THIS IS AN ALCOHOL AND DRUG FREE EVENT!

SPONSORED BY: THE BURNS PAIUTE TRIBE A&D PROGRAM, AND THE PREVENTION TEAM

ART CONTEST



KEEPING TOBACCO SACRED

WILL BE USED FOR TOBACCO PREVENTION POSTERS & T-SHIRTS

WINNERS WILL BE ANNOUNCED ON

FEBRUARY 19TH, 2017

@ THE GATHERING CENTER

1ST PLACE \$100.00

2ND PLACE \$75.00

3RD PLACE \$50.00

ANY QUESTIONS PLEASE CALL LANETTE HUMPHREY 541-573-8002

THIS WILL ALSO BE OUR CULTURE NIGHT

@THE GATHERING CENTER

WE WILL BE MAKING TOBACCO POUCHES AND WATCHING
SHORT CLIPS ON TOBACCO PREVENTION

DINNER WILL BE SERVED!

ALL ART WORK SUBMITTED WILL BE COME PROPERTY OF THE TRIBE TO BE USED FOR TOBACCO PREVENTION